

# Spicy Peanut Chicken Stir Fry

Cook chicken in frying pan with garlic plus, salt, pepper, until browned and not raw obviously

Fry Veggies (Your choice of course)

But I like:

Onions

Mushrooms

Snow Peas

Broccoli

Cauliflower

Carrots

Make Rice or noodles: I prefer 5 Min rice, but do whatever you like

Sauce: In a frying pan add ingredients

1/4 Cup Honey

2 Tbsp Creamy Peanut Butter

1/4 Cup Soy Sauce

1/4 tsp red chili Flakes (Add more, if you like it spicy)

Put rice on plate, than veggies than sauce, mix together than BANANA PITO!!